

## What Every Mother Ought To Know About Her Baby

A series of articles on the care of the baby, under the general heading, "What Every Mother Ought to Know About Her Baby," will be printed on consecutive Sundays in The Washington Herald. They are carefully prepared by experts of the Children's Bureau of the Department of Labor. Cut them out and save them for reference.

### THE BABY'S VACATION

At this time of the year the trains and boats are carrying thousands of families to the seashore, the mountains, or the farms for their annual vacations from the hot and crowded cities.

Among the host of travelers are many babies and young children. Indeed, it is chiefly on account of them that parents are willing to take all the trouble involved in the annual summer pilgrimage, the weariness of the journey, and the many inconveniences of a temporary home.

They are, however, usually repaid by the increased health of the children, and in the early weeks of September the trains are again full with returning families of happy children, whose sun-burned cheeks, arms and legs and irrepressible spirits show what tonic fingers in mountainside or country spaces.

Unfortunately, this is not always the case. Whether or not this change from city to country life is to be altogether beneficial or not depends upon the sort of living conditions into which the children will come, and upon the character of the milk supply and the drinking water.

In most cities mothers, whether poor or rich, may have the benefit of carefully inspected milk and drinking water. In the country it is not so. In going to the country the mother should select, if possible, a place where the doors and windows and the porches are screened and one where water closets or some form of sanitary privy is in use. The latter improvements are not, necessarily, very expensive, and should be provided.

The prudent mother will include a bolt of cotton netting in the outfit she takes to the country in order that the baby's crib, at least, may be protected from insects.

In going to a new place with a baby all the drinking water and the milk also should be boiled, if from a strunge supply about the cleanliness of which the mother knows nothing.

To travel comfortably with a baby, the first thing to be considered is his food. If the baby is breast-fed no trouble will be experienced. For a bottle baby, enough food must be prepared at home to last throughout the entire journey, unless the trip takes longer than twenty-four hours. It is best to sterilize the milk for this purpose, as follows:

Stand the filled bottles in a kettle over the fire and let the water boil about them for an hour and a half. After boiling the bottles should be gradually cooled, and then made as cold as possible by standing them in a pail of cracked ice. They may then be packed in a small portable refrigerator. Many types of these have been devised, and may be purchased. A portable ice box may be made at home as follows:

Use two covered pans, one an inch or two smaller than the other, so that it may stand inside the larger pan. Fill the space between the two with sawdust; put the bottles with cracked ice in the inner pan and cover both tightly, and make a canvas or flannel cover for the whole.

To warm the bottle for the baby, the mother should provide herself with an enameled ware pitcher holding a pint, which the porter will fill with warm water from the dining car. Set the bottle in it, after the water has cooled a little, so that the sudden heat will not be sufficient to break the bottle.

The next most troublesome question on a long journey with a baby is how to take care of the diapers. A separate bag or basket lined with rubber sheeting should be provided for them, and with them may be packed a small enameled ware chamber.

For a young baby a number of inner pads of soft paper or old cloth which can be destroyed should be provided. When one of these is soiled, wrap it up tightly in newspaper and throw it away. Wet diapers may be tightly rolled and kept in the rubber bag.

The two most common mistakes made in traveling with children are with respect to their clothes and their food. In the hot summer weather, for a long journey, the little child should be dressed only in the sleeveless gauze shirt and diaper, with one thin outer garment. A sleeve-

less, low-necked slip of white china silk is best, since it is much cooler than cotton, sheds the dust and can be washed out in the basin when soiled.

It is well to change the baby's clothing as soon as the journey begins, in order to have the regular outfit clean to put on when leaving the train. The little baby may go barefooted, but an older child should have barefoot sandals to protect the feet from the cinders scattered over the floor.

Mothers should observe the same regular hours for feeding their children as at home. One of the worst things she can do is to give the baby cakes, candy, bananas, sweet crackers and the like, as so many mothers do, to keep him quiet in the train. This kind of irregular feeding, with unsuitable foods, together with the heat of the train and the fatigue and excitement of traveling, are very apt to upset the baby and make him irritable and restless.

### "PINCUSHION" ASKS DAMAGES.

Hypnotist's Subject Says Demonstrations Impaired Health.

Baltimore, Md., Aug. 7.—Another "human pin cushion," whose health, he claims, has been impaired through the hypnotic demonstrations of Gordon C. Lindes, of 1514 Aiken street, has appeared in court, this time in the personage of Carl Griffith, who today filed suit through Attorneys Herman Saul and Joseph Heller against Lindes in the Court of Common Pleas for \$10,000.

As in the case of James J. Bevil, who filed a similar suit yesterday, Griffith claims that while employed as a subject by Lindes the latter placed heavy weights upon his body and punctured his person with sharp steel needles while demonstrating to the public his powers as a hypnotic specialist.

### BLUE BOOK OF FOX TROTTERS.

Man Arrested Had List of Names of Chicago Society Women.

Chicago, Aug. 7.—Forty women members of Chicago's smart set are quaking in their pumps today because of the discovery by the police of Neil McDougal's blue book of fox trotters.

McDougal is held here on complaint of Mrs. Mercedes Fullenwider, who charges him with grabbing \$5,000 worth of jewelry from her when he took her home from a cabaret.

McDougal's book contained the names of forty women selected by him, according to the police, for treatment similar to that of Mrs. Fullenwider. What's worse, the Chicago papers are printing the names of the fair fox trotters.

## "Love Wife" and Rogers Finally Married.



MR. & MRS. LORLYS ELTON ROGERS.

Mr. and Mrs. Lerlys Elton Rogers, photographed after their marriage.

New York, Aug. 7.—District Attorney Martin, of the Bronx, is conducting an investigation to determine whether or not Mrs. Ida Sniffen Walters Rogers was in contempt of court in leaving this State to wed Lerlys Elton Rogers in Jersey.

When Mrs. Walters, now Mrs. Rogers, was released on \$7,500 bail pending trial on charges that she murdered her two children, of whom Rogers was the father, Justice Weeks stipulated that she should not leave the State.

The indictments against both Rogers and his wife will be pushed at the autumn term of the court.

### Football Star to Rest.

Pittsburgh, Aug. 7.—Jim Braden, the former Washington and Jefferson star end, now a student at Yale, where he was touted for a position on the Blue line this year, will not play because he is eligible for only two years' play, having played as a freshman at Washington and Jefferson. As he will be three years out around a stake boat and return, a distance of several hundred

## Novel Features Planned for Swimming Meet for Women

Land and Water Steeplechase, Orange Gathering, and Duck Races on Program of Events to Be Held at Long Beach Next Saturday.

The National Women's Life Saving League, in conjunction with the Trouville at Long Beach, will hold a swimming meet for women on Saturday next, August 14, at Long Beach, which in number of contestants entered, variety and novelty of program and so on, promises to be the most important event of its kind yet attempted. The league has a membership of nearly two thousand women and a list of actual swimmers of seven hundred, and is affiliated with the Amateur Athletic Union, under whose auspices the Trouville meeting is to be held. Lucius M. Boomer heads the committee at Long Beach.

The purpose of the National Women's Life Saving League is a broad one, including the encouragement of swimming by women and children, urging widespread facilities for the teaching of swimming, co-operating with other organizations, whenever advisable, in the dissemination of knowledge on life saving and "first aid" to the injured, giving drills and exhibitions for public instruction; encouraging interest and promoting efficiency in swimming and life-saving by the holding of competitions for medals, prizes and the like; teaching swimming free of charge to propagate the work of the league; advocating simplicity and rationalism in bathing and swimming costumes.

### Many Entries Received.

The program of events for next Saturday has attracted a large list of entries. Miss Charlotte Epstein, chairman of the athletic branch of the league, conferred with Mr. Boomer and together they devised several spectacular events and novel contests which will bring out not only the utmost speed and skill of the young women, but will demand that they show proficiency in running, life saving and other endeavors. A mixed land and water steeplechase in which the contestants start from a mark well inland, race to the water, through the breakers and swim out and around a stake boat and return, a distance of several hundred yards; an orange gathering race, in which the swimmers gather and bring ashore as many oranges as they can from the spot where they have been released 100 yards from shore, and a duck race, in which several live ducks will be liberated and captured by the swimmers, are numbers which promise lively fun for contestants and spectators alike.

### Noted Swimmers to Take Part.

Among the entrants for the Trouville meeting are: Miss Rita Greenfield, New York's best woman swimmer, who starts from scratch in all the Eastern States events; Miss Josephine Bartlett, winner of the Kellermann cup at the Madison Square Garden Sportsmen's Show last winter; Miss Millie Barteldes, winner of the mile surf swim at Brighton last summer; Miss Edna Cole, Miss Lucy Freeman, holder of the league 440-yard championship; Clara A. Gilligan, a comparative newcomer at swimming, but one of the very fastest in sprint; Miss May Nerich, Miss Helen Feiler; Martha Hagstad, winner of last year's five-mile race; Dora Hyatt, a long-distance swimmer; Elsie Sultan, second in five-mile last year; Carrie and Marian Samson, Ann Solomon, Elsie Viets, May Waldis, Elsie Neisel, Olga Rothgeiser, Erma Green and Clarabel Barrett.

Applications for membership in the league, as well as entry blanks for the contest, may be sent to Miss Charlotte Epstein, at the Hotel McAlpin, New York. The officers of the league are: President, Katherine F. Mathews; vice president, Florence West; treasurer, Sarah L. Martin; secretary, Adeline Trapp; financial secretary, Teresa Dily; chairman of the athletic branch, Charlotte Epstein.

The Rosalie, Capt. John Hendry, owner, was recently overhauled at Regan's boatshop.

## BOOBS AT THE FAIR.—By Goldberg.

THE FIRST IDEA YOU GET IS THAT THE RAILROAD COMPANY WANTS TO GET RID OF A LOT OF PAPER.

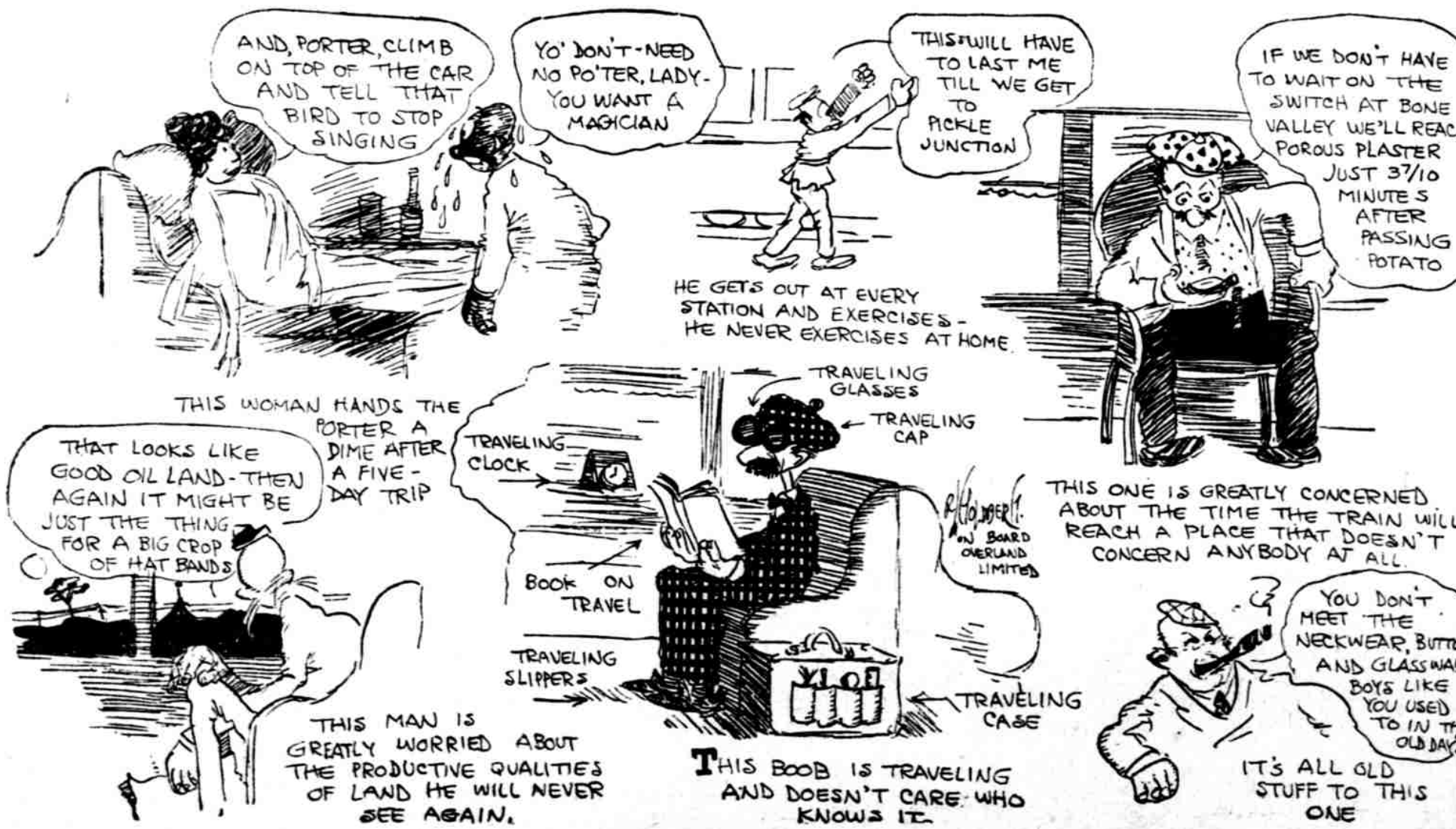
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## BOOBS AT THE FAIR.—By Goldberg.

IT ISN'T SO BAD IF YOU JUST KEEP IN MIND THAT YOU DON'T HAVE TO STICK WITH THE BUNCH AFTER YOU REACH SAN FRANCISCO.

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## I NEVER THOUGHT OF THAT

